



## RECREATIONAL PROGRAM - SAFETY PLAN

Thank you to all our member families for their continued support!

We are very excited that we are able to open our facility for our Recreational Program.

We are doing our very best to ensure the health and safety of all staff and participants as this is of the utmost importance to us and are committed to ensuring that we are fully capable of adhering to additional health and safety measures and protocols in line with the Government, Public Health regulations and Gymnastics Ontario.

This guidance provides basic information only and is not intended to take the place of medical advice, diagnosis, treatment, or legal advice.

*The information given below may be subject to change at any time.*

### MEMBER AWARENESS

- Assumption of Risk agreements will be required for those under the age of majority which includes specific wording relating to insurance coverage for COVID-19 claims exclusion and the assumption of the related risks with COVID-19.
- A declaration form will be required to be signed by all people attending our facility to declare their understanding of COVID-19 as well as their responsibility to self-regulate.
- Government of Ontario approved handwashing and physical distancing protocols will be displayed.
- Participants and their families may not enter the facility if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days.
- Confidentiality of any person confirmed to have been COVID-19 infected will be maintained.
- Screening of each gymnast will be required with both questions and a contactless temperature check to determine if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days. A log recording this information will be kept.
- Participants who are ill are not permitted to attend the program.
- Staff members and participants awaiting test results will be excluded from class.
- If a participant begins to feel unwell or shows symptoms of COVID-19 while in the facility their parent will be notified for the participant to be picked up immediately and the participant isolated until pick-up.

- At this time, athletes are not required to wear personal protective equipment while training. If an athlete chooses to wear PPE, we will certainly not restrict them from doing so. However, latex gloves while using the equipment can be dangerous and will not be permitted.
- Any participant not adhering to rules will not be able to remain in the class.
- Personal belongings brought to the gym should be minimized. If personal items are brought into the facility (e.g. backpack, clothing, water bottles, etc.) they should be labeled and kept in an area designated for the individual's cohort and should not be handled by individuals from other cohorts.
- Bathrooms will be cleaned/disinfected frequently.
- Incorporating more individual activities or activities that encourage more space between participants.
- Each cohort will have designated equipment (e.g. balls, hoops, etc.) or will be disinfected between cohort uses.
- If your child is involved in an accident or injury situation that requires advanced first aid, we will break social distancing protocols. Personal protective equipment will definitely be used by staff and, when possible the athlete as well.
- Private lessons will not be offered at this time.

## ENTERING AND EXITING FACILITY

- Limit carpooling among club participants, only members of the same family should be in a vehicle together.
- Face coverings are to be worn. This does not apply to children under the age of five and those who are unable to wear a face covering as a result of a medical condition or disability. Athletes are not required to wear face coverings while in the training area.
- Distancing lines will be marked outside of the facility for gymnasts to line up before entering. Please arrive no more than 5 minutes prior to your class time, and ensure you are there on time for pickup.
- Ensure physical distancing requirements are met, 6 foot spacing, more where possible. Arrows will be placed inside the facility to direct and space out our athletes.
- All persons must properly wash their hands with soap and water or sanitize hands upon entering and exiting facility.
- All individuals including participants, staff and visitors must be screened, including daily temperature checks upon arrival. Contactless temperature checks will be carried out by a staff member behind a plexiglass barrier or wearing personal protective equipment.
- Any individual who has any of the symptoms outlined in the COVID-19 Reference Document for Symptoms on the Ministry of health's COVID-19 website or who has come in close contact with a person with symptoms of or confirmed COVID-19 in the past 14 days will be denied entry.
- After the gymnasts have entered the facility and sanitized their hands, they will walk through to the seating area where they can leave any personal items. We ask that gymnasts bring as little as possible.
- Parents/guardians will now drop off the participant at the **left-hand front** door and pick up at the **right-door on the front of the building**. Please wait at the parking lot end of the path until a coach is available. Adults should also be practicing physical distancing outside. Staggered start times are implemented.

- No viewing is allowed at this time. Parents are to drop-off and pick-up outside as opposed to entering the facility to watch the class.
- One adult **only** is to attend the class with any child 5 years of age or younger to ensure physical distancing protocols are adhered to.
- Anyone feeling unwell **MUST STAY HOME**.

## FACILITY SAFEGUARDING

- The number of athletes and adults in the gym at any one time is strictly limited in line with both the government and G.O. guidelines to ensure the utmost safety of all our athletes and coaches. Physical distancing requirements to be met, 6 foot spacing, 12 foot where possible, using visual signs and floor markings.
- Heightened cleaning of entire facility, i.e. frequent disinfecting of bathrooms; eating areas; and equipment used for events after each group.
- Each gymnast will be given a sanitized yoga mat to use for the class which can be used on return stations to minimize individual risk. Athletes will need to wash or sanitize their hands before and after using bars. Beams will be sanitized after every athlete. The full gym will be fogged at the end of each day.
- A copy of the handwashing guidelines will be on display in areas to show people how to properly wash hands. This will be placed at entrances and in bathrooms.
- Ensure respiratory etiquette is followed by advising individuals to cough or sneeze into one's arm or a tissue.
- Provide hand sanitizing stations throughout facility and guidance with hand hygiene given when necessary.
- Water filling stations are allowed, but individuals must wash their hands before and after use.
- There will be no food sales.
- Any equipment (cloth-like) that cannot be cleaned will not be used in the gym.
- Athletes are not permitted to share personal training equipment (e.g. grips, slippers, wrist bands, wrist supports, ankle braces, tape, etc.).
- All cleaning products are authorized disinfectants and have a Drug Identification Number (DIN). Expiry dates are checked, and manufacturer's instructions followed.
- Once classes are over for the day and all athletes have left all surfaces to be cleaned and disinfected or fogged (mats, floors, counters, bathrooms, etc.) which will be done over and above cleaning the equipment between uses.
- Our office will remain closed. If you need to communicate with us, please email us. If you need to pick your child up early or drop off late you must give advanced notice. If advanced notice is not possible you must remain outside and knock on the door and wait for direction.

## STAFF MANAGEMENT

- Ensuring physical distancing requirements are met.
- Staff will be required to be screened with both questions and a contactless temperature check to determine if either they or a household member has had onset of illness with symptoms compatible with suspected or lab-confirmed COVID-19 in the prior 14 days; a log to record will be kept.

- Staff will be required to wear personal protective equipment at minimum a facial mask will be worn following recommendations for wearing them.
- Staff are required to sanitize/wash hands between rotations.
- Staff are to avoid physical contact e.g. hugs, high-fives, etc.
- Hands free coaching (**no spotting**) for all recreational programs – i.e. modification of training needs to ensure athletes are only doing safe skills, not learning new skills which might require spotting, unless required to prevent injury.
- Gloves are required for people cleaning equipment between rotations or at the end of day, and hands need to be washed between each new set of gloves.
- Personal safety measures such as coughing/sneezing into arm to be met.
- Staff member should be assigned to ensure athletes are washing/sanitizing their hands before coming into the gym area as well as during and after classes.
- Maintain confidentiality of any person confirmed to have been COVID-19 infected.

## PROGRAM MANAGEMENT

- Adhere to maximum numbers in the facility and training area as dictated by the Province of Ontario.
- Ensure the physical distancing requirements are met.
- Reduce the number of classes/programs in the gym at any one time.
- Have youth and adults wash hands or use hand sanitizer before allowing participation, directly after participation, and frequently during a class, including before getting water; eating; after bathroom use; and after touching shared surfaces or items. Athletes may require a schedule to wash and/or sanitize hands.
- Athletes could be assigned to specific apparatus each training session, thus physically distancing, and sanitize/clean equipment after each use.
- Prevent youth from sharing cups, water bottles or other items.
- Add time between class changeover or stagger start and end times to ensure time to clean/disinfect equipment.
- Create scheduling for apparatus in order to maintain the guidelines for physical distancing.
- Create circular rotation schedule to avoid crossover traffic.
- Use of Velcro or other methods to create social distancing lines within the facility.
- Eliminate pit usage for all recreational programs - cover pit with landing mats.

## CLASS/ TEAM MANAGEMENT

- Reduce the number of gymnasts per coach.
- Create physical distancing between stations/circuits.